WHOLE BODY VIBRATION AND YOUR HEALTH

MOVE TO LIVE®

MORRIS ABOODY

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WholeBodyVibration@on.aibn.com

ACKNOWLEDGEMENTS

Special thanks to the following people without whom this book would not have been possible:

Dr. Ian Gainor
Dr. Jim Barney
Sarah Aboody
Xianlin Wu
Carol Peng
Marianne MacBride

And a very special thank you to Ron Menard and Diane Atterbury who kept making me reach higher and higher.

FOREWORD

This book attempts to explain Whole Body Vibration and its many wonders.

In this book, the author expresses opinions. In all cases, the author attempts to explain the reasons behind them. It may be that others have different opinions. In any case, it is left to the reader to judge.

Whole Body Vibration is very safe, but may not be suited for some situations. Please be sure to seek medical advice before using Whole Body Vibration. In particular, if you are pregnant or think you may be, have a pacemaker or other implant, or have any medical condition whatsoever. Please do not undertake Whole Body Vibration without the approval of your Health Practitioner.

The research and studies referred to throughout this book are available in the public domain. Various models and Machines on the market have been used for the purpose of conducting research.

The content of this book is for information purposes only and is not intended to treat, diagnose, or cure any physical disease or ailment.

MOVE TO LIVE ®

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INTRODUCTION

Whole Body Vibration! Even after years of experiencing it and seeing the results, I still get excited thinking about it. Why? Because there's simply nothing like it! What else can benefit your entire body like Whole Body Vibration? Working every body part at the same time.

"Whole Body" refers to all the body parts. Whole Body really means that – your muscles, bones, tendons, sinews, cartilage, nerves, and organs are all stimulated at the same time.

What's even more amazing to me is how easy Vibration really is to use and understand. Some people can't believe how well Whole Body Vibration (WBV) can work. But simple, obvious questions can be asked - is movement good for you? Is exercise good for you?

One should not think of a Whole Body Vibration Machine as some mysterious apparatus. A Vibration Machine is simply movement, that's all. It simulates a safe natural walking motion, with less impact. It is your natural friend.

Through this book, we will cover all the basics of Whole Body Vibration, from its history to how it is used, to who uses it and why – it's all here.

Before we start though, a friendly reminder:

This book makes observations, not claims.

Reach your own conclusions about claims for Whole Body Vibration (WBV). Use common sense.

This book does not diagnose or prescribe. It only presents observations. It is recommended that you come to your own conclusions and decisions. I truly believe in Whole Body Vibration and what it can do for you and your family. Read on and enjoy!

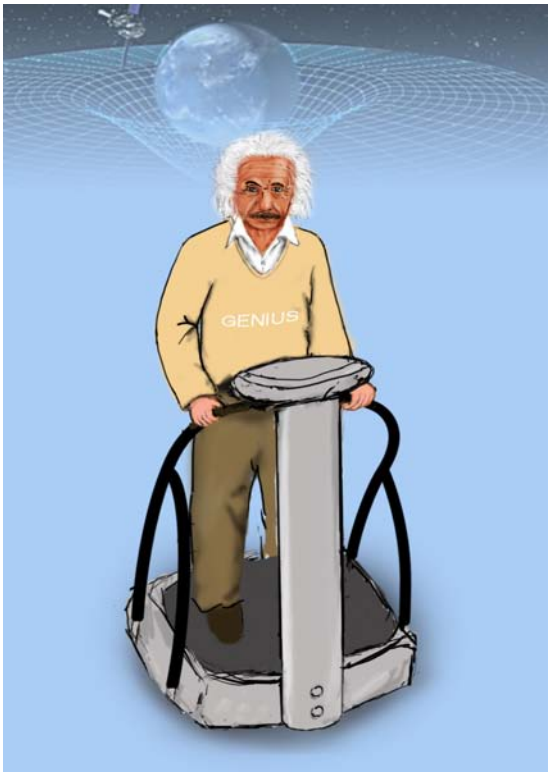
WHOLE BODY VIBRATION IN A NUTSHELL

Whole Body Vibration achieves maximum results with minimum effort. It is an amplification of your effort.

It is for smart and busy people because they want to get maximum efficiency with their precious time. Taking 10 minutes of effort to accomplish the results of a one-hour workout (an approximation) is just smart!

It is achieving something that in practical terms cannot be achieved by any other method.

We can talk about science all we want, but the bottom line is that Whole Body Vibration is about being smart.



HOW DO YOU THINK I GOT SO SMART?

HISTORY OF VIBRATION TECHNOLOGY

The very first time Vibration was used to improve human performance was likely way back in ancient Greece! A saw covered in cotton was used as a tool to transmit mechanical vibrations to the part of the body that was not functioning properly.

Today's Vibration Technology began in 1960 in East Germany with a technique called rhythmic neuromuscular stimulation.

Russian scientists began the real studies of Whole Body Vibration and for years fine-tuned this technology. The Russians, for many years, used this technology to help rehabilitate their cosmonauts after returning from space to help repair muscles from atrophy and loss of bone density due to the weightlessness of space.

In 1995, Russian Cosmonaut (and medical doctor) Valery Polakov aboard the Mir Space Station set a world record for being in space for 438 days.

During the same time, American astronauts Carl Walz and Dan Bursch could only stay in space for 196 days. They had to come back to Earth due to bone and muscle degeneration. So what did the Russians know that the Americans didn't? It was the concept of Whole Body Vibration!

Whole Body Vibration exercise has been one of Russia's best-kept secrets since the late 70's, giving them the power to excel in certain sports almost at will. It was the Russian Space Program that pioneered the science of Whole Body Vibration, and the reason is simple.

Living in space with zero gravity causes bones and muscles to lose strength as there is nothing to push against and the potential for blood clots also increases. The impact of zero gravity on the body and its consequences on bones and muscles can be so great

that some astronauts had to literally be carried out on stretchers upon returning to Earth.

In Russia's quest for a solution to this problem, they created many devices to imitate gravity. They found that Whole Body Vibration mimics gravity the best, and has a profound impact on building and maintaining muscle and bone strength.

These Russian researchers found that not only did Whole Body Vibration stop the loss, but amazingly it also increased bone density and strengthened muscle tissue. They also used this technology to prevent injury to their Olympic athletes.

In the event that one of their athletes did injure themselves, the athlete was put on a Whole Body Vibration plate to rehabilitate the injury.

After the fall of Communism in Russia, Whole Body Vibration technology made its way east and west. This technology continued to be studied and enhanced. It has taken both the Orient and Europe by storm.

A Whole Body Vibration unit or Vibration Machine consists of a vibrating base with handle supports. It looks a lot like a treadmill, but not as large.

In the past the wealthy, sports teams, or health practitioners' offices were the only places you could find a Vibration Machine. These units usually cost $10,000 to $20,000 or more.

After decades of research, NASA, many professional athletes, sports teams, medical centres, spas and health clubs have embraced this technology.

WHO SHOULD USE WHOLE BODY VIBRATION?

Everyone can and should use Whole Body Vibration therapy – from the sedentary to the professional athlete. Some of the users who most rely on Whole Body Vibration are **people who want to spend only 10 minutes to do a full workout.** Other Whole Body Vibration users are people who use it for weight loss, osteoporosis, recovery from an injury, warm-up, cool-down, increasing strength, and for the elderly who are concerned about losing bone density and muscle mass. Entire sports teams and clinics are relying on this technology. Chiropractic clinics are fast becoming Whole Body Vibration's biggest fans, as the Machines help loosen up their patients before adjustments, making their work easier and more effective.

Some well-known celebrities who have been reported to use Vibration include: Madonna, Kylie Minogue, Randy Bachman, Bridget Nickerson, Karl Lagerfeld and Natalie Imbrugila.

For just about every person, there is an application of Whole Body Vibration that will work for him or her.

Because a Vibration Machine is so easy to operate, it can be used by anyone. In particular, athletes, overweight people (who experience difficulty exercising over extended periods of time), office workers with inadequate levels of physical activity, people who cannot find the time to exercise and patients requiring rehabilitative therapy stand to benefit the most from the information in this book.

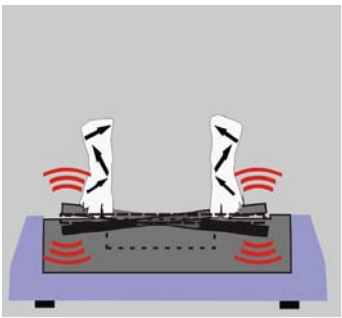
RUMOURED WHOLE BODY VIBRATION USERS

Professional Sports Teams	Celebrities & Athletes
Anaheim Ducks	Anni Friesinger (2002 German Olympic Gold 1500m Speed Skater)
Arsenal (Soccer)	Blake Edwards (Producer)
Atlanta Braves	Bob Delmonteque (Longevity)
Boston Celtics	Brian Greenspun (Greenspun Media)
Boston Red Sox	Bud Yorkin (Producer)
Calgary Flames	Clint Eastwood (Actor)
Chicago Cubs	Colin Montgomery (Golf)
Chicago White Sox	Craig T. Nelson (Actor)
Dallas Mavericks	Daren Holmes (Baseball)
Dallas Stars	David Cone (Baseball)
Kansas City Chiefs	David Lloyd (Tennis)
Los Angeles Avengers	Don Johnson (Actor)
Los Angeles Dodgers	Doria Cook (Actress & Tai Chi Master)
Los Angeles Kings	Eric Karros (Baseball)
Los Angeles Lakers	Gwen Stefani (Musician)
Miami Dolphins	Heidi Klum (Model)
Miami Heat	Ivana Trump (Socialite)
New England Patriots	J.D. Drew (Baseball)
New York Giants	Jane Fonda (Actor)
New York Mets	Julie Andrews (Actor)
Oakland Raiders	Karl Lagerfeld (Fashion Designer)
Orlando Magic	King of Saudi Arabia (Royalty)
Phoenix Suns	Lance Armstrong (Cyclist)
Philadelphia 76er's	Larry Nelson (Golf)
Philadelphia Flyers	Lebron James (Basketball)
Pittsburgh Pirates	Madonna (Musician)
San Diego Chargers	Nick Nolte (Actor)
San Diego Padres	Prince Albert of Monaco (Royalty)
St. Louis Cardinals	Sean "Diddy" Combs (Musician)
Tampa Bay Buccaneers	
Tennessee Titans	
Texas Rangers	
Toronto Blue Jays	
Toronto Maple Leafs	

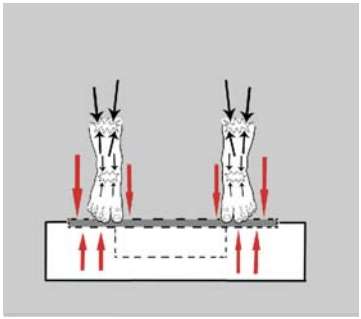
Universities	Universities
Azusa-Pacific	University of CA Davis
Chapman	University of CA Berkley
Duke	University of Delaware
Emory	University of Houston
Florida International	University of Louisville
McMaster	University of Nebraska
New York	University of Texas
Ohio State	University of Washington
Stanford	USC
Texas Christian	West Virginia University
UCLA	Yale

TYPES OF VIBRATION MACHINES

Before we begin discussing anything else regarding Whole Body Vibration, it is important to know about the two main types of Machines - OSCILLATING and VERTICAL.



OSCILLATING



VERTICAL

With all the popularity of Whole Body Vibration Machines, a subject of confusion seems to be which type of Machine to purchase.

There are two main types available - Oscillating and Vertical. Both systems seem to create an involuntary stretch reflex and similar results. There are studies to prove that they both inspire therapeutic and athletic benefits.

One of the major points of Whole Body Vibration is that most of the work is being done for you with the Whole Body Vibration plate. The plate offers a stimulus to the body and the body reacts with multiple muscle contractions. The stretch reflex is an automatic and predictable series of events. The body is offered a motion; this stretches the muscle spindles, which send a signal to the spinal cord, then to the muscle, creating a muscle contraction.

1) Vertical (Linear)
A Vertical Vibration Machine simulates a jump for the user. In this scenario, muscles on both sides of the body contract simultaneously. The load on the body is very high and the repeated impact makes certain postures unsuitable, as well as limiting the suitability of this technology to people who are quite fit.

Although still somewhat popular, Vertical Machines are arguably feared because of possible long term injuries caused by overly aggressive Machines with damaging compressions. This vertical movement is very intense and can be uncomfortable for most users.

Quality Machines are generally very expensive, noisy and not well suited to the domestic environment. Cheap Machines are less noisy but are often not engineered appropriately. Vertical Machines are meant more for gyms with supervision by qualified personal trainers to avoid injury and ensure the correct positions are used during exercise. The personal trainer needs to fully understand the medical implications of Vibration training on the body.

2) Oscillating (Pivotal)
Oscillating Machines “see-saw” from side to side. The “see-saw” motion stimulates the right and left brain in a manner that facilitates communication between the two sides. This stimulation is known as patterning. There are many benefits to a patterning exercise, including better co-ordination and balance.

Two important variables with Oscillating Machines are the speed/frequency (i.e. how often the plate moves up and down) and the amplitude (i.e. how far up and down the plate moves). The amplitude can also be controlled by the distance between the left and right feet.

The muscles affected when using an Oscillating Machine are contracted alternately - the same muscle on both sides of the body is never engaged at the same time.

This motion complements or mimics the neuro-muscular response we experience with walking.

As the rhythmic movement of the platform reaches the tops of your legs, the pelvis is gently mobilized rather than compacted. Then, all your pelvic and core muscles at the front and trunk of your torso are activated, while the snake-like movement repeats throughout your spinal vertebrae. This helps mobilization, clearing stagnant fluids and inflammation, and allowing fresh oxygenated blood to enter.

This gentle rhythmic motion also has the affect of pumping the discs. Chiropractors find that this pumping of the discs helps the patient get pain relief faster while holding the adjustment longer.

- Tensor and flexor muscles are activated alternately causing immediate activation of your core muscles, toning your abdomen.
- A natural movement pattern similar to walking encourages improved posture (walking activates alternate muscles on either side of the body, never the same muscle on the left and right side).
- Reduced head vibrations - Vertical vibrations exit via the head whereas oscillatory vibrations are dampened in the core abdominal region.
- Users can adjust the amplitude simply by moving their feet closer or further apart. This would have no affect on a vertical vibration plate where the amplitude is fixed.

Conclusion: While both technologies create some similar results, I am concerned about ‘how’ the vibration is delivered to the body, and possible long term issues with Vertical/Linear technology. Also ease of use.

Therefore, this book will make reference to and endorse only Oscillating/Pivotal technology.

WHAT IS WHOLE BODY VIBRATION?

An Oscillating or Pivotal Machine simulates walking. When you stand on the plate of a Vibration Machine, the plate moves in a rocking motion, resulting in an up and down movement. For example, the plate can move up and down 10, 20, 30 times per second.

Every time the plate moves, your muscles respond automatically by rebalancing you on the plate by engaging and disengaging (contracting and relaxing). You don't have to think about it – you may not even really feel anything, just motion.

Depending on the speed, this could mean as many as 30 safe and beneficial reactions per second!

Here's an easy way to demonstrate "involuntary muscle response". Start by trying to push over the person beside you - automatically the body resists. The brain made a decision for the person "not" to fall down. This is "involuntary muscle response".

When standing on a Vibration plate, your body has no choice but to respond to the challenge it is offered - thus each muscle contracts several times a second.

Whole Body Vibration is also about gravity, the pull that is exerted by the earth. As the Machine accelerates, it pushes up against your body and creates an extra force. Your body will literally feel as though it weighs more, meaning you have to work against an increased weight or "load" than your muscles are used to (see section on Gravity).

This two-fold benefit of combining Vibration with weight means your body achieves greater changes or results in far less time than it would take working out in a regular gym. It is also beneficial for a huge range of health objectives and body types.

In short, what is Whole Body Vibration (WBV) all about?

WHOLE BODY VIBRATION IS MOVEMENT.
MOVEMENT IS EXERCISE.

MOVEMENT IS ESSENTIAL.
WITHOUT MOVEMENT WE CANNOT LIVE.

WHOLE BODY VIBRATION IS ABOUT
ACCELERATION AND GRAVITY.

WHOLE BODY VIBRATION IS ABOUT IMPROVING
CIRCULATION TO ALL PARTS OF THE BODY.

WHOLE BODY VIBRATION IS BEING SMART ABOUT
YOUR TIME.

FREQUENCY

First, a definition: The meaning of the word frequency is just what it says - how frequent or how often an event occurs. Frequency can be measured as the number of times per minute, or per hour or per day etc. In the case of Vibration, we are usually talking about times per second.

In scientific language, most references are expressed in cycles per second. There is a designation for cycles per second, and that is Hertz (Hz). So we say Hz is the number of times per second. So if you hammer a nail 2 times per second, you can say you are hammering at 2 Hz. It is that simple.

Frequency is important as a measure of the number of times your body reacts. For Oscillating Machines, the plate that you stand on oscillates from left and right, left and right, etc. Each time the plate moves up on the left, the body reacts once. Then down on the left, and the body reacts again. This elicits a stretch reflex, which means the muscle contracts and relaxes. This represents two body reactions. So up, down, up, down, is four movements or four body reactions.

There are many factors to evaluating the benefits of a workout or a clinical study. One factor is frequency, but that is by no means the only or most important factor. For example, what amplitude was used? If frequency is how fast, and amplitude is how far, then it is an important part of the equation! Amplitude is how far up and down the platform travels. Typically amplitude is between 5 mm and 10 mm.

This is where the questions start - what is better? What duration? How does it work for various body and weight types? How about gender? Is it the same for everybody? These are all important questions that have relevance.

Which is the most effective for a particular application? There is no exact answer to any of these questions.

Generally we have found that a range of frequencies and amplitudes provides similar benefits for most people. So in basic language – whatever frequency and amplitude makes you the most comfortable and will mean that you will use the Machine consistently, is the right speed for you.

A clinical study done at the Baziqiang Clinic in China showed that a range of 6 – 15 Hz should be used as opposed to high frequencies such as 27 Hz.

I would like to add one point that I feel is very important - most people feel more comfortable at lower frequencies and higher amplitude than at higher frequencies and lower amplitudes.

Most people who have tried Machines with exaggerated high frequencies report feeling very uncomfortable, similar to motion sickness. Also please keep in mind the dangers associated with exaggerated frequencies.

Vibration is a natural phenomenon that should be used regularly without discomfort.

For a massage effect, i.e. circulation, use the faster speeds, i.e. higher frequencies. The higher frequencies are used for Whole Body massage and improved circulation.

In summary, for circulation, use as high a speed as you are comfortable with. For bodybuilding, you will be more effective with slower speeds. There are no exact figures.

Note that frequencies mentioned are in reference to Oscillating/Pivotal Vibration Machines.

Frequently Asked Questions About Frequency:

What speeds should I use for massage and muscle building?
Strictly speaking, the word massage should be replaced by the word circulation. Higher speeds are used for circulation (massage).

Now we come to muscle toning. Muscles are toned when they are worked. As you now know, vibration causes the muscles to react. This reaction causes the muscles to work and therefore expand. So when your Vibration Machine is working at for example 4 Hz, it means that the muscles are contracting and relaxing 4 times a second or reacting 8 times per second. Similarly at 8 Hz, they are reacting 16 times a second, so it can be said that they are working harder.

However there is a point where the muscles cannot react as quickly as the vibration frequency of the Machine. For example in Oscillating Machines, let us say that the frequency is 40 Hz. This means the base is vibrating at 40 times per second, 40 times up and 40 times down for a total of 80 body reactions per second.

Obviously there is a limit to how many complete reactions a human body can accomplish per second. So what happens is that instead of having a complete cycle, the muscles just vibrate so they do not work as hard as they would at slower speeds where they can accomplish a proper cycle of contract/relax. The maximum frequency that a body can accomplish with these reactions depends on several things – the body itself, the amplitude, the user's feet position etc. As a general guideline, my observations have shown that people using moderation have achieved greater results.

In order to visually see how the body works harder at a lower frequency, you can do the following experiment:

Observe someone holding a weight (perhaps about 1 to 3 pounds) in each hand with arms extended.

LOW FREQUENCY

HIGH FREQUENCY

Put the Machine at a very low frequency for 30 seconds. Now increase the speed, i.e. a massage circulation frequency and you can alternate 3 or 4 times from slow frequency to fast frequency etc.

Now observe how at a low frequency the arms are unsteady. However when the Machine is at a higher frequency, the arms are more steady as if the arm is not reacting or the reactions are not complete. This is like driving faster to smooth out the bumps on a rough road.

Do you consider very high frequencies to be unnecessary or abusive?
I am only referring to a few Machines that have exaggerated high frequencies. Stand on such a Machine. Your body will tell you if it's abusive. Your body will say - this is more than I can handle.

How can I measure the frequency?
If the plate is not oscillating too fast, you can put your finger at the edge of the plate and count the times per minute the plate hits your finger. Count all the lefts and rights in 60 seconds and divide by 60.

GRAVITY AND g-FORCE

We are all familiar with gravity. Gravity is the pull that is exerted by the earth. Gravity is represented by the symbol “g”. What that means is that 1g is the average gravity or pull exerted by the earth.

When the astronauts are in space, the pull of gravity is much less, so it can be said that the gravity as measured by “g” is much less or even zero. So you can say that the gravity is “0.5g” or “0.25g”, etc.

Conversely, gravity can be much more. For example, when a fighter plane climbs sharply, there is a push exerted from the seat of the pilot. This can greatly increase gravity, which is merely how heavy a person feels. So the result can be twice normal gravity or “2g” or 3 times the pull of gravity or “3g” etc.

A very quick up and down movement increases the “g” because it is an accelerated push to the body. Therefore, it can be said that the “g” force on the body is greatly increased with Whole Body Vibration. It is commonly understood that bone density is increased from exercise, particularly weight-bearing exercise. An increase in “g” force means your body itself weighs more. Increasing the “g” force is a weight-bearing exercise, and therefore increases body mass density, strengthening the bones and therefore lessening osteoporosis concerns.

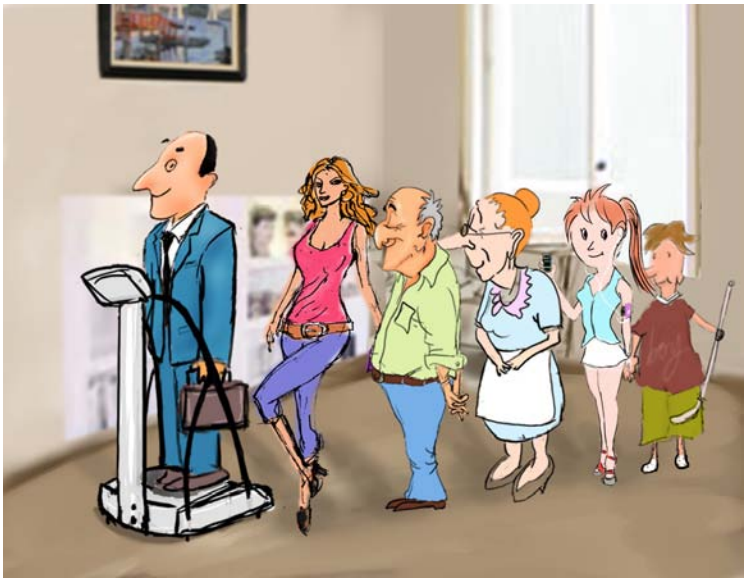
So now we can examine what a Vibration Machine is all about.

As we said above, the plate that a person stands on moves in such a way as to give a very quick up and down movement. When the plate moves quickly upwards, the “g” is greatly increased because it is an accelerated push to the body. Therefore, it can be said that the “g” force on the body is greatly increased.

g-Force
A force acting on a body as a result of acceleration or gravity, is informally described in units of acceleration equal to one g. For example, a 12 pound object undergoing a g-force of 2g experiences 24 pounds of force.

What is the ideal g-force for muscle building?
Traditional exercise and weight lifting is done at a g-force of 1g. This is the normal earth g-force. Whole Body Vibration allows the body to experience a greater g-force.

We recommend that this not be exaggerated. After all, you do get benefits at 1g-force. Therefore, we think that a g-force of up to 4g should be the maximum that is recommended. This is 4 times the regular g-force and should be more than plenty. Research tells us these are safe g-force parameters.



VIBRATION IS FOR THE ENTIRE FAMILY

AMPLITUDE

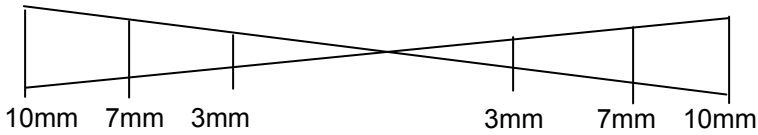
What is amplitude? How does amplitude affect my training?

Amplitude is the variance of the plate – how much the plate goes up and down.

A Machine with proper amplitude is necessary to create safe and effective anabolic responses within the body.

Of course the greater the amplitude, the more your body has to react.

Remember you can vary your amplitude by changing the distance your feet are apart.



Explanation of Amplitude

“Just because you’re not sick doesn’t mean you’re healthy.”

BENEFITS OF VIBRATION

The benefits of Vibration are incredible. Almost any ailment you can think of may be improved by Vibration in some way. This is because movement and exercise benefit almost every health issue in one way or another.

We make no health claims but have noted how improved fitness correlates with improved health.

An unexercised body is at risk of osteoporosis, muscle loss, inflexibility, obesity, edema, weakened immunity, toxicity, insomnia, chronic pain, digestive issues and depression.

Whole Body Vibration improves bone density, muscle tone, flexibility, metabolic rate, the movement of lymph fluid, quality of deep sleep and the generation of hormones. Whole Body Vibration is an improved alternative to standard resistance exercise.

If any of the following contraindications apply to you, please consult your health care provider before engaging in Whole Body Vibration or any exercise.

Implants: The concern is that aggressive vibrations may disturb these implants and cause problems in the body. Check with your health practitioner if you aren't sure.

Cataracts: With cataracts, the issue is again the vibration potentially shaking your cataract out of position. Check with your health practitioner.

Recent Surgery: The concern here is that the Vibrations can cause sutures to rupture. Give at least 6-8 weeks after surgery and only go ahead with your health practitioner's approval.

Cancer: This is a controversial one. While there are likely many healing benefits for people battling cancer, there

are no studies to prove this yet. This is because the studies may risk the safety of the patient, and are therefore considered unethical. Again, check with your health practitioner.

Pregnancy: Again, there are no studies to show whether Vibration is safe during pregnancy, because the risk is too great. To be safe, reputable Whole Body Vibration companies will not allow pregnant women, or women who think they may be pregnant, to use their Machines.

This list is by no means exhaustive. If you have any health issues, you would be wise to check with your health care provider first.

If your health care providers haven't heard of Vibration, inform them that there are several studies available online.

A Friendly Reminder:
This book makes observations, not claims. Reach your own conclusions about claims for Whole Body Vibration (WBV). Use common sense.

"Nothing will ever be attempted if all possible objections must first be overcome."
Samuel Johnson

10 MINUTES OF VIBRATION = 1 HOUR WORKOUT

This is a big claim that I want to address early since it is often seen as "too good to be true". I should start by saying that this is obviously a broad generality that depends on so many factors including issues relating to the users themselves, such as their general build etc. However Vibration definitely greatly accelerates the results compared to a gym workout.

Bottom line – this is a real claim. It is only logical as when you do a workout, you are exercising one muscle group at a time. When you do arm curls, you are not doing leg extensions or sit-ups for your abs. However when you are on a Whole Body Vibration Machine, 97% of all muscles are engaged.

Your body is also working under a much greater g-force stress, which accelerates the fitness or health results.

For those of you just approaching Whole Body Vibration for the first time, give it a try and see for yourself. For those of you who have already experienced Whole Body Vibration, you already know that 10 minutes (or 8, or 12 etc, depending on what you've observed about your own body) is all that you need.

A 12-week study found that strength increases from an average of 10 minutes of Vibration training were similar to those seen in an hour of regular resistance training. (*Medicine & Science in Sports & Exercise, 2003; 35 (6); 1033-1*)

"A hospital is no place to be sick."
Samuel Goldwyn

BE SMART ABOUT ACCELERATED WEIGHT LOSS

Strong muscles will go a long way to help you reach your weight goals. Muscles at rest burn more calories than fat does – so you will burn more calories throughout the day. However, for big results, Whole Body Vibration must be combined with healthy eating and a cardio program such as walking, running or swimming. Whole Body Vibration also helps with weight loss by speeding up the body's metabolism. Faster metabolism means you burn more calories.

WHAT YOU CAN DO

Just standing on the Machine will help maintain and build your muscles. For accelerated muscle building, you may want to also use weights. You may also want to use your Vibration Machine with movements that get your heart rate up! Boxing movements can be done (with or without hand weights). Pulse up and down into a squat and back to standing. You'll be surprised at how quickly you can work up a sweat!

BE SMART ABOUT STRENGTH BUILDING

When your muscles work, they get stronger. This is how you increase muscle strength.

By using Vibration, all the muscles in your body are forced to respond just to keep you stable. When you add things like resistance training, using either your own body weight or props like resistance bands, your body is working far harder than it would be on stable ground. As well, you are using all your muscles at once instead of one at a time – a huge advantage in our time-pressed society.

Likely you will notice some benefits right away in terms of flexibility and rejuvenation. Actual strength increases will come later – depending on your present condition (usually between 2 to 6 weeks).

Studies have shown “a substantial increase in muscle strength was observed after three weeks of vibratory stimulation strength training compared with regular strength training” (Issurin, 1999).

WHAT YOU CAN DO

Check out the Strength Exercises in this book for some ideas.

Reminder: We suggest using lower and medium speeds for bodybuilding.

Please note: Anytime you are using the Machine, you are doing weight training even though you are not using weights because you are using your own body’s weight**.**

BE SMART ABOUT LOW IMPACT WORKOUTS

A low impact workout such as Whole Body Vibration is gentle to the muscles and joints. Striving to find an exercise that does not highly impact the body is optimal. On a treadmill for example, the jolt or impact placed upon the knees is three times the body weight. High-impact exercises such as jogging place extreme stress on the weight-bearing joints. If you want to help prevent future joint pain, hip and knee problems, you may want to replace high-impact activities with low-impact ones. Low impact exercises can be identified by an activity that does not directly impact the body with discomfort and joint pain.

WHAT YOU CAN DO

Try working out on a good quality Vibration Machine that you feel offers little impact. Experience a wide range of speeds for best results.

"A man's health can be judged by which he takes two at a time – pills or stairs."
Joan Welsh

BE SMART ABOUT ENHANCING BALANCE

The first step toward a more active, healthy lifestyle is exercise. Exercise can improve and maintain balance and posture, reducing your risk of falling. If your stabilizer muscles are weak, then your major muscle groups will be weak. Without strong stabilizer muscles, the rest of your body will seem unbalanced, setting you up for more injuries, lack of coordination and less overall strength.

By challenging the body with a fast-paced walk, jumping on a trampoline or walking on an uneven surface, these muscles are stimulated and strengthened. The more stabilizers that are worked, the more muscle fibres are stimulated. Vibration will achieve better results faster by recruiting stabilizer and adductor muscles. Over time, inactive muscles stop working properly. The elderly are falling due to lower extremity weakness, poor circulation and postural control. One main issue is the lack of lateral (sideways) movement. Whole Body Vibration provides this.

Most daily activities can be accomplished with simple linear movements (resembling a straight line). Vibration works those muscles that are not being utilized because of a slower pace lifestyle. By strengthening these muscles and improving coordination, balance can be regained. Whole Body Vibration also stimulates and resets or retrains the neural pathways helping with proprioception (balance).

WHAT YOU CAN DO

Simply standing on the Machine improves balance! For more advanced users, try balancing on one foot, or rising up on your toes.

BE SMART ABOUT GOLF

Strength, flexibility and balance – that's what you need for a great golf game. Vibration is the fastest way to get the greatest gains in these areas. Perfect that swing! That's what it is all about.

Professional golfers know that the key to winning at golf is optimum fitness, strength, flexibility and range of motion. To fulfill your potential on the golf course, whether at club level or in professional competitions, regular training on a Vibration Machine can help make the difference between a good golfer and a great golfer.

Whole Body Vibration has been recognized to be one of the most effective training devices in the world.

One of the main reasons that golfers find this so effective is the dramatic increase in core muscle strength, particularly the abdominal obliques.

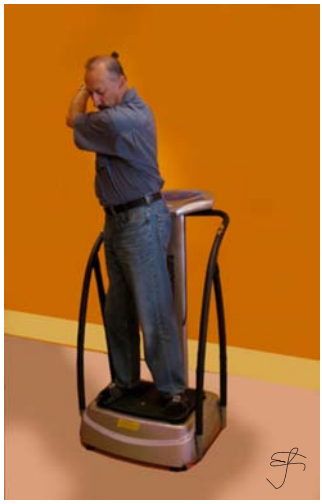
Also Whole Body Vibration will help maintain strength during the off season and when used for warm up, will help avoid common strains and injuries. It is low impact and kind to the joints.

WHAT YOU CAN DO

To start, do a practice swing before getting on the Machine. Bring the arms all the way through the swing as if holding your club (as shown). Return to the start position by reversing the motion and swinging back through to the beginning of your swing.

Be aware of the start and stop position of each swing.

Now get on the Machine and do the same thing – moving SLOWLY through your swing, pausing at the top, and SLOWLY reversing the motion.



BEGINNING SWING

FOLLOW THROUGH

This reverse motion is very important as it helps to “set” the motion of the swing in the brain. It also reminds the opposing muscles and joints of their role in the swing. By repeating your swing slowly for 10-20 seconds, your core stability will be strengthened.

Now note the greater distance of your swing, and the improved flexibility, as well as a smoother delivery. The muscles of core stability are the ones that help drive the golf ball, improving strength and flexibility. This equals greater distance as well as less back and hip issues.

When you are playing, you can do this practice swing with the reverse motion to remind your brain, muscles and joints how to function. This is an example of the patterning we spoke of earlier.

BE SMART ABOUT FLEXIBILITY

Whole Body Vibration is fantastic for flexibility. Try this easy test to demonstrate how a few minutes on a Vibration Machine can improve your flexibility.

Reach for your toes and see how far you can get. Go on the Machine for two or three minutes – then reach for your toes again. It's amazing how much further you can reach!

Whole Body Vibration works your muscles by gently forcing the muscle to contract and release. This lengthens the fibres of your muscles (in other words, stretches them) as the muscle lets go.

There has been evidence of loss of strength with regular stretching, unlike Whole Body Vibration enhanced stretching (University of Nevada study etc.).

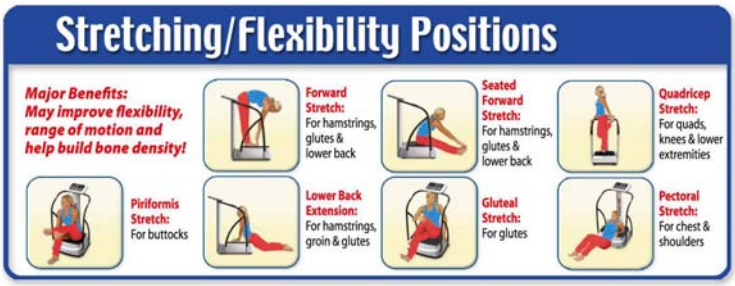
With this lengthening, flexibility is increased. Range of motion is noticeably improved.

WHAT YOU CAN DO

Use Whole Body Vibration as a warm up for any physical activity to help improve performance and avoid injury. Or for greater results, check out the Stretching/Flexibility Positions in this book for some ideas.

BE SMART ABOUT WARMING UP AND COOLING DOWN

Regular exercise and stretching is an excellent way to help massage and keep our muscles limber. This also helps speed up recovery following injury. Athletes have always maintained a regular stretching regime to help circulation and toning of muscles. As we age, muscle stiffness makes it more difficult to perform routine daily tasks. Regular stretching and exercise can combat age-related stiffness by helping to keep our muscles and other tissues elastic. It may normally take about 30 minutes of stretching to get your muscles and joints limber. Of course, we also now know that static stretching weakens the muscles (shocking). But dynamic stretching does nothing but good.



I recently ran across an article that spoke about warming up and cooling down before and after a sport activity such as tennis or cycling etc. The article showed 22 stretches that a person can do. As little as 5 minutes of Vibration may give similar if not better results. Of course, you can still do stretches while on the Vibration Machine. **Remember, static stretching weakens your muscles. Dynamic stretching as in the case of those on a Vibration Machines does not.**

Whole Body Vibration can also be valuable as a cool down tool, as it helps stretch each muscle, stimulating the body's fluids. This helps prevent stiffness and

soreness by activating the necessary mechanisms that help reduce toxins and lactic acid.

I'd like to tell you one of my own stories of why I love Whole Body Vibration.

The way I keep in shape is by using Whole Body Vibration and by playing tennis. Some years ago, I started having trouble with my right wrist, the hand I use to hold the racquet. When I played tennis, my wrist would hurt the entire time, particularly in the very beginning. I didn't know what to do. I tried soaking the wrist in hot water, as hot as I could bear, for 10 minutes before a game and that did help - but not enough. Pain in my wrist continued to increase.

For a few months, I even went to a chiropractor before playing tennis. He would take my wrist and stretch it. Then after that, I would give it the hot water treatment. That helped, but did not solve the issue.

When I became acquainted with Vibration, I solved the problem by sitting on the machine over a towel with my wrist under my thigh at high massage speeds for 4 or 5 minutes. Then I would take the wrist and stretch it for 20 seconds. From day one, this solved my problem. Now I have zero pain - not in the beginning, middle, or end of my tennis game. Zero pain all the time.

My right hip had also been giving me problems. It just hurt and I was playing tennis in constant pain. Coincidentally, by sitting on the wrist, the hip was directly above the wrist and therefore the hip was being loosened at the same time. This also solved my hip issue.

I truly dislike stretching. Using Whole Body Vibration for even 3 or 4 minutes increased my flexibility in a very obvious and measured way. So Vibration solved my stretching and also my limbering up issues.

WHAT YOU CAN DO

Use the Machine for a 5-minute session before a cardio, sport, or muscle building session.

You can also add stretches to enhance your benefits. Dynamic stretches do not weaken muscles because of the movement of the plate.

VIBRATION SHAPES ME!

BE SMART ABOUT BEAUTY

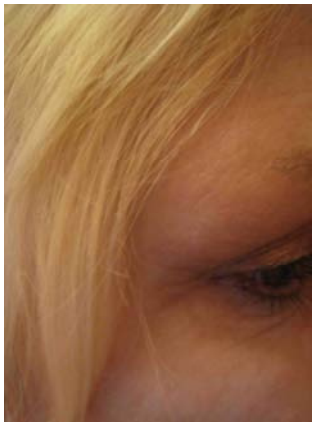
Whole Body vibration can turn back the clock of time! Imagine getting a beauty treatment a few times a week that helps you look renewed and refreshed.

Whole Body Vibration can improve circulation, carrying vital oxygen to your cells and tissues. This wakes up your cells and gives your skin a smoother healthier looking glow.

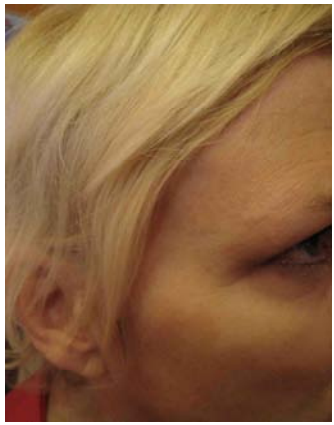
Whole Body Vibration also increases the production of collagen, creating a tighter more youthful looking skin.

Whole Body Vibration can reduce the appearance of lines and wrinkles.

Look at the BEFORE photo of the small wrinkles that form at the outside of the eye. Now check the AFTER photo taken after only a few minutes of Vibration. The results speak for themselves!



BEFORE



AFTER

Beautiful before – outstanding after!

WHAT YOU CAN DO

Our model sat on a stool that was placed on the Machine so her knees could be at 90 degrees while her feet were on the ground. A faster speed was chosen.

The faster speeds get the water molecules in the body vibrating very fast. The gentle massage facilitates this, steering the vibrating fluid away from the congested area to where the body can process and eliminate it.

She first stimulated her neck lymph nodes by sweeping her hand from her chin down her neck. (The neck lymph nodes are in the area of the neck that hurts when you have a sore throat).

She started stroking from the middle of her forehead down the sides of her face; then stroking slowly across her eyebrows, her nose, her upper lip and her chin; moving gently to the side of her face and then down her neck, always working towards the heart.

"Is not that a great principle for all of living? The people who will really accomplish great things in life are those who are willing to discipline their lives, who maintain their health, their vitality, their efficiency through this process of rigorous disciplining of what they take into their bodies and what they do in life. It's a very important thing in terms of championship living."

Bob Richards
American Olympic Pole Vaulting Champion

BE SMART ABOUT DECREASING CELLULITE

And they said it couldn't be done!

Cellulite, the bane of many women's existence, is dimpled, uneven fatty deposits under the skin generally seen around the thighs, tummy and buttocks.

Whole Body Vibration may help break down these fatty deposits, so when it is combined with a calorie reduced diet; the body is able to burn away this fat.

As well, increased muscle tone will help to create a firmer surface below the fat, giving your skin a smoother, tighter appearance.

In a recent study, a group of women participated in daily Whole Body Vibration exercises for 24 weeks showing a 25.68% decrease in cellulite.

WHAT YOU CAN DO

Cellulite is an issue particularly in the lower body like the buttocks and thighs so working the lower extremities is suggested for maximum results. For greater impact, try sitting on the Machine.

With proper hydration, Whole Body Vibration can be very effective with cellulite because it helps flush trapped toxins from the effected areas.

Some users find that sitting on a small foot stool (about 7 inches) on the platform creates a more ergonomic posture which makes the experience more comfortable. You may want to place a towel beneath the stool to soften the vibration.

BE SMART ABOUT STRESS

Whole Body Vibration has been shown to decrease levels of cortisol, the “fight or flight” stress hormone. Vibration releases serotonin, a hormone associated with happiness.

WHAT YOU CAN DO

Just standing on the Machine once or twice a day helps. Massage speed is best for stress because it relaxes the muscles; also the hormones are released at the higher speeds. If you like, you could do some relaxation visualizing while you are on the machine. Let your mind wander to a happy place and let the machine do the rest. This resets the relaxation circuits in your brain. Whole Body Vibration is a great way to take a break from stressful situations or just a hectic day.

Whole Body Vibration will greatly reduce your stress!

VIBRATION = HAPPINESS

BE SMART ABOUT OSTEOPOROSIS

Osteoporosis is a disease of the bone that results in the thinning of the bone density.

Strong bones are what keep us young. Extensive studies show that after 39 years of age, a woman's bone loss rate is double that of a man's! Postmenopausal women are most affected, so this is serious stuff.

The good news is that Whole Body Vibration will help improve bone health.

Exercise is essential for both prevention and treatment of osteoporosis.

It is commonly accepted that a benefit for bone density is weight-bearing exercise, which increases the signal to the bone. For weight-bearing exercise to occur, the body's weight is temporarily increased. Whole Body Vibration works without a need to use actual weights.

There have been numerous studies on Osteoporosis and Whole Body Vibration. Increasing bone density is one of the most generally accepted benefits of Whole Body Vibration exercise.

Due to osteoporosis, elderly are breaking bones more easily. The lack of movement gradually weakens muscles and signals the bones that they are not needed as much.

It is proven that Whole Body Vibration will stimulate the osteoblasts within the bone. This will give a signal that there needs to be more bone mineral produced to handle the extra weight your body thinks it is carrying. This will automatically slow the activity of the osteoclasts, which reduce bone growth. (*Jordan 2005*, *Olof Johnell & John Eisman, 2004*, *Rubin et al. 2004*). Also, the Berlin Bedrest Study proved that ten minutes of Vibration six times a week prevented muscle and bone loss over 55 days

(*Rittweger et al 2004*, *Felsenberg et al 2004, Bleeker et al 2005, Blottner et al 2006).*

There has been scientific research that shows Whole Body Vibration improving human growth hormone and testosterone levels, which also help increase bone development.

After hearing stories about Whole Body Vibration having a positive effect on weak muscles and bone mineral density, people of all ages have been making their way to Vibration studios, pharmacies, chiropractic clinics and many health practitioners to try one out for themselves.

One of the reasons why Whole Body Vibration is so powerful for improving bone density is explained as follows.

Rebuilding Bone Density

Piezoelectricity is the ability of some materials (notably crystals, certain ceramics, and also bone) to generate an electric potential in response to applied mechanical stress. The word is derived from the Greek *piezein*, which means to squeeze or press. The biomechanical stimulation of the oscillation type Machine creates this effect for users. It does so in what can be a very gentle yet effective manner.

WHAT YOU CAN DO

All you have to do is just stand or sit on the Whole Body Vibration Machine; it is so easy. Often after only 10 minutes, 3-5 times a week, you will experience measurable changes.

LYMPHATIC SYSTEM AND CIRCULATION

The lymphatic system is our body's clean-up crew. It delivers nutrients throughout the body and eliminates waste and toxins via the lymph fluid it produces. A sluggish lymphatic system results in a breeding ground for bacteria, viruses and parasites; ultimately leading to degenerative diseases and an accelerated aging process. Unlike your blood, there is no pump to circulate lymph fluid. Vibration exercise stimulates the flow of lymph fluid that is necessary to eliminate toxins from your body, reduce inflammation, as well as activate the immune response against bacteria and viruses.

One of the most important functions of the human body is the circulatory system.

There are two types of circulation: Cardiovascular and Lymphatic. Our circulation system pumps blood throughout our body, distributing nutrients, oxygen and hormones directly to the tissues through arteries, capillaries and veins. Our lymphatic system delivers a clear or milky white fluid that simultaneously filters waste, removes excess fluid and toxins.

Flushing toxins from the body ultimately helps improve all body functions.

Whole Body Vibration has been very effective in helping blood and lymph flow with rapid muscle contractions. This stimulation acts like a pump on the blood and lymph increasing the speed and efficiency of the flow (*Kerschan-Schindl et al 2001*; *Lohman et al. 2007*). This is one of the reasons why many Vibration users experience a tingling or itchy sensation. With increased circulation, you will feel warm sensations, which are the result of widening of the blood vessels. This creates a gentle exercise for your cardiovascular system. Whole Body Vibration can improve a sluggish lymph flow. A sluggish lymph flow can lead to congestion and weight gain.

Whole Body Vibration is not normally considered a cardiovascular workout. Your heart rate will not be greatly affected by just standing on the Machine or with simple movements. Regular Vibration will greatly encourage and help the efficiency in which blood is delivered throughout the body. This will actually help improve cardiovascular functions.

In order to get a cardio workout with Whole Body Vibration, you can add more aggressive movements while you are on the Machine. Most companies will provide a chart of potential exercises but it is suggested to have a company representative or studio trainer show you proper positions and posture.

Remember, it is important to drink water before and after a Vibration workout to help the lymphatic system work better. This may also help avoid getting headaches while using a Vibration Machine.

Lymph Blockage
The root of most disease is congestion - most importantly in the digestive and lymphatic system. If these two don't work properly, we can not live a full and healthy life.

WHAT YOU CAN DO

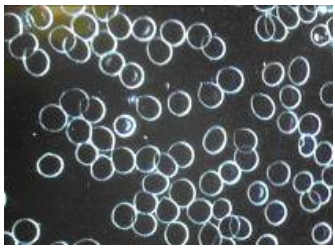
Use your Vibration Machine 3-6 times a week. Start off by just standing on the Machine. You can also try gentle stroking massage, moving towards the heart, to decrease edema and help lymph flow. The best way to promote a healthy function of these two systems is vigorous movement! Controlled healthy Vibration accomplishes this.

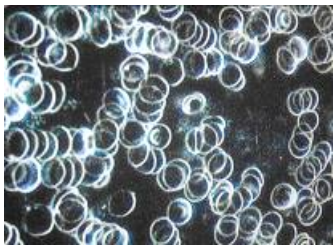
VIBRATION EFFECTS ON BLOOD

Vibration does more than just work your muscles and bones! It actually helps you on a cellular level.

Take a look at the Live Blood Cells photos below to see how Vibration can help with circulation and to combat congestion. It does this by causing your muscles to contract and release. This makes your blood pump a little faster through your body and gets your lymphatic system moving. The blood is pressed out of the vessel with muscle activation.

Live Blood Cells
One photo is taken of live blood cells before Vibration and one after. You can see there is so much more activity in the blood after Vibration! This activity increases circulation, which helps move lymph.


BEFORE


AFTER

Your muscles continue to respond, making you stronger. Your breathing gets a bit deeper, increasing oxygen uptake. Your cells get rid of waste more efficiently.

In short, your whole body will be working. And with that comes greater health and overall well-being.

Whole Body Vibration increases circulation in your muscles and skin tissue.

WHAT YOU CAN DO

Again - just using the Machine is enough. Even at low speeds, the vibrations travel up through the body activating muscles and stimulating organs.

Try working different body parts on the platform and at various speeds to get better results.

"The quality of your life is dependent upon the quality of the life of your cells. If the bloodstream is filled with waste products, the resulting environment does not promote a strong, vibrant, healthy cell life-nor a biochemistry capable of creating a balanced emotional life for an individual."

Anthony Robbins

BE SMART ABOUT REHAB

Whole Body Vibration has huge implications for how injuries will be treated in the future. This is why so many professional sports teams, physiotherapists and chiropractors use Whole Body Vibration as part of their daily practice.

With Whole Body Vibration, muscles can be worked and stretched in an efficient and low impact way – so strength can be regained while reducing the chance of re-injury.

While the different types of rehabilitation are too detailed and specific to go into here, they all involve an increase in Human Growth Hormone (HGH). This hormone is required for repair and regeneration of soft tissue.

As well, increased circulation can keep swelling down and increase mobility in an injured joint.

WHAT YOU CAN DO

Consult with your physiotherapist or health practitioner before incorporating Vibration into your rehabilitation. They will be able to advise you.

"Life is not merely to be alive, but to be well."
Marcus Valerius Martial

BE SMART ABOUT INCONTINENCE

Bladder control becomes an issue with most women after forty and to a lesser degree with men. Incontinence may be mild or severe. In some severe cases, a diaper has to be worn.

A study called Treating Female Stress Urinary Incontinence was conducted and proved that “Muscle stimulation by Vibration training improves the subjective and objective parameters of stress urinary incontinence.” (Dept of Gynaecology and Obstetrics, Germany)

WHAT YOU CAN DO

Whole Body Vibration can strengthen the PC muscle through just standing on the Machine.

Using a Vibration Machine at various speeds 3-5 times per week helps to reverse urinary incontinence by helping to increase muscular control. With hundreds of involuntary muscle contractions, Whole Body Vibration is great for those too tired to exercise or for women after childbirth. You can stand or sit on the Machine, or try some deep squats.

Kegel exercises, which are a regular and controlled tensing, holding and releasing of this muscle, will strengthen the PC muscle.

Regular users of Whole Body Vibration report dramatic improvements because of the automatic Kegel that occurs.

BE SMART ABOUT YOUR SEX LIFE

A healthy lifestyle includes a healthy sex life! Whole Body Vibration even helps here. Circulation and better lymphatic drainage equals more energy and vigour.

As we age, we feel more fatigued and lethargic. Our sex drive weakens and may even cease. Research shows us that by middle age we experience a decrease in sex hormones, which is linked to a reduction in muscle strength, testosterone and HGH (human growth hormone) levels. Sexual rejuvenation has been reported as being a common improvement with an increase of HGH and testosterone.

“Relatively short exposure to Whole Body Vibration has also been shown to increase the serum levels of testosterone and growth hormone.” Acta Physiol Hung 2003:90(3):195-206 (The effects of Whole Body Vibration on Humans) Cardinale M. Pope MH.

WHAT YOU CAN DO

Whole Body Vibration can also be used to strengthen the pubococcygeus muscle, otherwise known as the PC muscle. This muscle is one of two muscles forming the floor of the pelvis. This muscle can be located (for both men and women) by momentarily stopping the flow of urine the next time you go to the bathroom. Kegel exercises, which are a regular and controlled tensing of this muscle, will allow for more powerful orgasms as well as more sexual control for both men and women.

Whole Body Vibration can strengthen the PC muscle by just standing on the Machine. For a bigger improvement, try a few Kegel exercises like holding a ball between your knees while you stand.

Regular users of Whole Body Vibration report dramatic improvements because of the automatic Kegel and pelvic floor exercises that occur.

BE SMART ABOUT MASSAGE

Massage is important in the general health and well-being of a person.

Massage therapists find that putting their clients on the Whole Body Vibration Machine before a massage begins the relaxation process. This enables the therapist to provide a more effective massage, and to have happier clients.

Massage, however, is also very expensive. Everyone agrees that massage is desirable, yet most of us can hardly afford $60 an hour 4 times a week.

WHAT YOU CAN DO

Start at low speeds and quickly work up to the highest speed that you are comfortable with. Slow down for the last 30 seconds. Also try this while sitting on the Machine.

"Sometimes I get the feeling the aspirin companies are sponsoring my headaches."
Terri Guillemets

BE SMART ABOUT ATTENTION DEFICIT AND AUTISM

Health care practitioners who work with challenged individuals who have Attention Deficit or Autism often find many benefits from Whole Body Vibration therapy, including a calming effect, while improving the ability to concentrate.

ENJOY HEALTH AND FITNESS IN THE COMFORT OF YOUR HOME

BE SMART ABOUT DIGESTIVE ISSUES AND BOWEL MOVEMENTS

It is common knowledge that a large part of our North American population has serious digestive issues. In fact, many are chronically constipated with impacted colons. Many diseases begin with aggravated toxins in the colon.

Anecdotally, it has been found that Vibration will help with digestive issues including constipation by providing movement to the body. It seems the internal organs are vibrated helping to stimulate peristaltic activity in the lower intestines and bowels. The coordinated muscle movements orchestrated by the Vibration Machine help the colon expel waste from the body more effectively.

WHAT YOU CAN DO

Using a Vibration Machine at higher speeds will help with these issues.

Drinking water before and after use facilitates this process. Whole Body Vibration may be more effective for constipation or other digestive issues if done first thing in the morning after drinking 2 or 3 large glasses of water on an empty stomach.

Use the Vibration Machine at high speeds. The vibrations create movement to get the blood and bowels moving. You may want to use the washroom prior to your Vibration session as the Machine promotes urination.

Improve your diet to help maintain a healthy digestive system. Help your body by avoiding drinks and processed foods that contain sugar, white flour, processed salt, saturated fats, caffeine, animal protein, and alcohol.

BE SMART ABOUT BACK PAIN

Back pain can be debilitating and does affect millions!

The Vibration Machine's side-alternating platform immediately activates those "key" stabilizing muscles at the body's core. When weak, they are the trigger for back problems. Strong core muscles mean we develop a better posture to promote spinal health and keep us free from back pain.

Because Vibration increases circulation to the problem areas, you may no longer have the need to do special exercises that may be painful and cause discomfort (those exercises that are normally associated with strengthening weak core muscles). By increasing the circulation, the inflammation associated with the pain is quickly reduced.

A study by Manchester Metropolitan University showed that Whole Body Vibration can reduce chronic lower back pain by 70% in just 3 months**.**

Just three minutes may typically lessen back pain.

WHAT YOU CAN DO

A healthy back means a strong back – and also strong abdominals. Make sure to stand correctly on the Machine and work your way towards adding some abdominal and back exercises.

This is where it is important to hold the pelvic tilt while on the machine.

The pelvic tilt (tuck the buttocks and tummy) utilizes the three muscles of the pelvic sling or pelvic girdle - the abdominals, gluteus, and quadratus femoris. Activating these core muscles strengthens and stabilizes the back. Contracting these muscles helps explain weight loss because of the caloric burn.

Holding the pelvic tilt and slowly bending and straightening also helps to strengthen our back muscles.

I BETTER START USING VIBRATION!

BE SMART ABOUT SCIATICA

If your sciatic nerve becomes inflamed, the condition is called sciatica. It often follows the path of your nerve down the back of your legs and thighs, ankle, foot and toes, but it can also radiate to your back. You may also feel nerve sensations such as pins-and-needles, along with burning, and sharp pains.

I have my own experience to draw on as well. One day I woke up with a pinched nerve in my lower back. Let me tell you, it was so painful – I couldn't find a position where it didn't hurt. Any movement at all and the pain was unbearable. I had to sleep in one position without moving. I cannot begin to tell you the suffering I endured.

I stayed in bed for 3 weeks and it was not getting any better. I was reading a lot about the condition and it scared me when I read that in some cases, surgery is recommended.

I phoned my good friend and colleague Dr. Ian Gainor in Utah, who told me that I should get on the Vibration Machine. I told him that the pain is unbearable even when I'm not moving, and I thought that there is no way that I could stand on a Vibration Machine. When nothing was improving however, I thought - why not try it and see what happens.

While still in bed, I put my feet on the Vibration Machine base - to my surprise, there was no additional pain. I did this 3 times a day for 5 minutes each time.

Due to the increased circulation or the manipulation that the Machine gave me, in 48 hours I could walk again with a cane.

I called Ian and told him I was so happy to be able to walk with a cane. He said "why a cane? Just get on the Machine and you won't need the cane". He was

absolutely right! In just two days, I could hardly feel the pain anymore! Ian's explanation was that there was inflammation and the circulation helped to clear it up.

Through normal voluntary exercise, you carry your entire history of imbalances and injuries. You inevitably stress or favour one side more and allow the other side to lag, possibly exacerbating your existing condition.

Through involuntary muscle contractions using Whole Body Vibration, your muscles will work equally on both sides. The safe Oscillating/Pivotal technology will possibly mobilize areas that are not engaging in voluntary movement, significantly improving balance and gradually returning immobile areas back to mobility.

WHAT YOU CAN DO

Stretching while on the Machine often helps in the back, hips, and all around the thighs. Standing correctly on the Machine and eventually adding some gentle exercises will help strengthen the muscles needed to lessen your sciatica pain.

Some practitioners find that sitting on a small footstool placed on the Machine creates an ergonomic posture that eases the sciatic type pain. Bending, twisting and turning provide a gentle non weight-bearing relaxation for the pain area. Please remember, you may want to put a towel under the stool.

The Whole Body Vibration movement also lessens inflammation for much faster healing.

When it comes to eating right and exercising,
there is no “I’ll start tomorrow”.

BE SMART ABOUT ENERGY AND MERIDIANS

Eastern medicine is based on the concept that we are made up of energy, and the balance and flow of this energy is integral to our physical, emotional, and spiritual health.

Over 5,000 years ago, the Chinese discovered and identified acupuncture meridians throughout the body. When our energy flows freely through these channels, we are balanced and healthy.

One of the most exciting aspects of Vibration technology is its connection to the Eastern medicine theory of energy meridians. Whole Body Vibration has been shown to help unblock and balance these meridians, reconnecting the flow of energy.

Along these meridians or channels, hundreds of points have been mapped out that give access to these meridians that affect the flow of energy. These points are called acupressure points and by putting pressure on these points, you help stimulate the body's energy allowing the body to heal itself. Acupressure therefore can be used to treat any number of conditions.

Acupuncture uses needles, where acupressure uses gentle or firm pressure with the fingers or a hand held point applicator on various parts of the body. Acupressure is acupuncture without the needles.

Over the past decade, modern quantum science has confirmed these ancient traditional theories by showing that at the core of our matter, we are literally vibrations of energy.

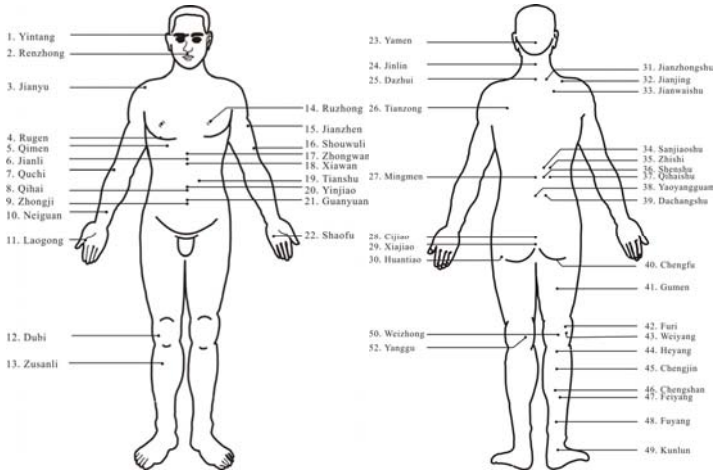
When acupressure is applied while on the Vibration Machine, it is believed that the Vibrations help intensify the stimulus of these points by realigning and stimulating

your body's energy, resulting in an enhanced healing effect.

There are acupressure systems that show you where the master points are for many of life's most common conditions, allowing you to combine the benefits of the ancient art of acupressure with state of the art Vibration Technology.

Some common conditions that are effectively treated by acupressure include:

Tension Headaches
Migraines
Stress/Anxiety
Insomnia
Constipation
Diarrhea
Nausea
Irritable Bowel Syndrome
Carpal Tunnel Syndrome
Sciatica
Fatigue
Tennis Elbow
Golfer's Elbow
Low Back Pain
Neck Pain
Knee Pain
TMJ Syndrome
Fibromyalgia



WHAT YOU CAN DO

There are several health practitioners including many chiropractors who will incorporate both Vibration and acupressure. Ask around your community to find one, or purchase an acupressure system that you can use on the Machine. There are packages that offer a hand held point applicator and DVD instructions.

"Half the modern drugs could well be thrown out the window, except that the birds might eat them."
Martin H. Fisch

FROM THE HOMEOPATHIC DOCTOR

Homeopathy helps to raise the level of health of an individual, until the health issue itself recedes.

When you stimulate a cell, it wakes it up and energizes and nourishes that cell to function more efficiently. Vibration recruits and assists in creating regenerative cells that aid in the process of healing. Whole Body Vibration energizes the body to heal itself.

We suffer from illness or “dis-ease” due to being ‘stuck’ in repetitive bad habits. When your body is sabotaged or has an injury that may compromise your ability to lead a normal life, you are in a state of “stuckness”. Whole Body Vibration can help create reactions that change the state of your body. You make the choice to “un-stick” yourself.

The body has a remarkable tendency to heal itself. When you work with Whole Body Vibration, it is a wellness solution to recovery. Whole Body Vibration sends signals to the cells to react in a positive way which provides the body with a stimulus to recover. Vibration is a stimulus that energizes every cell in your body, creating a new healthy state of feeling alive!

Victor Ness HD

CHIROPRACTORS EMBRACE VIBRATION

A Chiropractor Explains Back Pain

Strong muscles keep your body upright and allow you to move. Good muscle strength and balance are critical to maintain proper posture and minimize muscle tension.

Your supporting back muscles function much like the wires that hold up a tall radio or television antenna. If the wires are equally strong on all sides, the antenna will stand up straight. If one of the wires becomes weak or breaks, the antenna will either lean to the side or collapse. The same is true with your body. If the muscles on all sides of your spine are balanced and strong, your body will stand up straight and strong. Unfortunately, most people don't have balanced and strong muscles, due, once again, to lack of exercise, poor diet and misalignment of the spine. Whole Body Vibration activates all the muscles surrounding your spine equally, helping to improve balance and relieve pain and tension. (Courtesy of Advanced Chiropractic clinic, Rochester NY)

Muscles are very efficient at getting stronger or weaker in response to the demands placed on them. Since most of us spend many hours sitting at a desk, driving a car, or sitting at home on the sofa, many of our muscles are not challenged. Consequently, they become weak. At the same time, the muscles that are constantly used throughout the day become strong. This imbalance of muscle strength contributes to poor posture and chronic muscle tension. Left unchecked, muscle imbalances tend to get worse, not better, because of a phenomenon called reciprocal inhibition.

Reciprocal inhibition literally means shutting down the opposite. For all of the muscles that move your body in one direction, there are opposing muscles that move the body in the opposite direction. In order to keep these

muscles from working against each other when the body contracts one muscle group, it forces the opposing group to relax - it shuts down the opposite muscles. When only one set of muscles is consistently used, and the opposing group is being continuously shut down, it is liable to atrophy.

This phenomenon is especially important to people who work at a desk, because all day the same muscles in the upper back and chest area of the body are used. This means that all day long, the body is essentially shutting down the opposite muscles in the middle back. Over time, the muscles in the middle back become very weak because they are not being worked like the muscles in the front. This contributes to poor posture and chronic muscle spasms and pain.

The easiest way to correct this imbalance is to do specific exercises that will increase the strength of the back muscles, along with manual therapy and chiropractic care. Once the muscles in your middle back are strong, the tightness and poor posture will be greatly improved. Whole Body Vibration can help strengthen the muscles surrounding the spine with no impact or compression. This will also help train the muscles to correct your posture, and relieve inflammation and pain.

Vanguard Health Solutions in Salt Lake City, whose founders have over 100 years combined experience in the Complementary and Alternative Medicine field, work with conditions that result from poor lifestyle and structural imbalance. Treatment ranges from the degenerative processes resulting from metabolic syndrome to structural imbalance. These practitioners utilize Whole Body Vibration not only in structural rehabilitation but also in their detoxification protocols. Whole Body Vibration is very effective in moving stagnant lymphatic fluid and they have seen miraculous improvement in their patients as a result.

There are more than 70,000 active chiropractors in Canada and the US. Back pain is the second leading cause of all physician visits in Canada and the U.S. Chiropractic is highly recognized and respected worldwide as an integral health care profession. Chiropractors are licensed practitioners who offer skilled care.

It didn't take long for Chiropractors to adopt Vibration technology and appreciate the short and long term benefits. Upon visiting a Chiropractor, Physiotherapist or Massage Therapist, you may have experienced being prepared for your treatment with a device called a tens machine or thumper.

The purpose of these “massage” units is to stimulate and warm the muscles of the area to be treated, prior to manipulation. Chiropractors quickly discovered that Whole Body Vibration could accomplish this goal in an expedient manner. Standing on a Vibration plate for only a few moments helps loosen all of the muscle groups, offering the patient additional benefits of circulation and relaxation.

The discs between your vertebrae are designed to act as cushions or shock absorbers and nourishing them is very important. Most symptoms of back pain frequently involve soft tissue surrounding the spine. When the capillaries essential for lubrication are restricted, so is the flow of healing blood, mineral nourishment, and the removal of lactic acid and toxins.

When Chiropractors utilized Whole Body Vibration with their patients, they discovered basic healing benefits like increased blood circulation and lubrication of the entire back area. With spinal/skeletal adjustments and Vibration Therapy, they noticed a decrease in pain and an increase in the healing process.

Vibration evolved from just warming up the patient to helping treat many spine related issues, sport injuries, osteoporosis, arthritis, and other issues Chiropractors face daily.

"Overall it was easier to administer the spinal manipulative treatments because the muscles were more relaxed. The need to apply soft tissue therapy was decreased. An interestingly appreciative finding was seen after the first week of treatment. The patient's spine was holding its alignment, determined by the significantly less areas of tension noted in the spine." Dr. Nimet Meghji TCM, DC, CAFCI (Toronto)

"Chiropractic is the largest, most regulated, and best recognized of the complementary and alternative medicine professions." (CAM) (Meeker, Haldeman; 2002; Annals of Internal Medicine).

WHAT YOU CAN DO

Make sure to use chiropractors who use Vibration in their clinic. No one should be adjusted without first having their body "warmed up" for easier manipulation. Since Whole Body Vibration is available in this day and age, why go without it! Alternatively, use your own Machine before visiting your chiropractor.

"The human body has been designed to resist an infinite number of changes and attacks brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the body."
Harry J. Johnson
American Medical Doctor

THERAPEUTIC USE OF FREQUENCIES

This may be difficult to explain so please be patient with me.

Everything has a frequency - the book that you read, the apple that you eat, a piece of wood etc. The difference between an apple and a piece of wood is that they have different frequencies.

Some frequencies are good for you; some frequencies are bad for you. For example, it is said that an apple is good for you; therefore the frequency of the apple is also good for you. Cyanide can kill you and therefore its frequency is bad for you.

Vibration Machines have a frequency range. Within that range there is no specific frequency that is bad for you; however, there are a few frequencies in that range that are said to have positive therapeutic benefits.

Below are some examples of frequencies and what they benefit:

7.6 Hz back pain
7.7 Hz back pain and coughing
7.8 Hz insomnia
9.2 Hz stiff neck/toxin elimination
10.0 Hz migraine
12.0 Hz thyroid, under-active (hypothyroidism)
12.5 Hz limbic system-center of emotion
13.0 Hz muscle healing and muscle stimulation

One leading researcher who devoted his life to frequency benefits is Dr. Royal Rife. An excellent book on this topic is by Nina Silver, PhD. It is recommended reading. The book describes in detail the experiments and their conclusions. The name of the book is The Handbook of Rife Frequency Healing.

Dr Rife found that specifically calibrated frequencies – which can be reached via different means, including specific vibration frequencies, benefit the body in certain ways.

Whole Body Vibration Machines emit frequencies that change as the speed changes. However in order to use this to positive advantage, the frequencies need to be as accurate as possible. If there is too big a variance, the therapeutic benefit of the frequency itself may be lost. This means that even things like varying home voltage may change the frequency. The Machine used must also have some kind of a self-adjusting feature to compensate for this, as well as the weight of the user.

Someday it may be possible to control the frequencies of Vibration Machines so that they can be used for therapeutic purposes.

FIRST 10 DAYS OF WHOLE BODY VIBRATION AND TOXICITY

The first 10 days of Whole Body Vibration can be pretty rough if you are quite toxic.

The average North American carries approx 2-12 undigested meals in their digestive system...yuck! The shifting of toxins in the blood during Whole Body Vibration can cause it to thicken, resulting in a headache or other side effects. This is quite normal.

These side effects are likely the release of toxins and cellular waste into the blood stream and toxin build up in the bowel.

The other possible reason for the headaches may be withdrawal.

These side effects may be experienced with variable intensities and durations depending on the overall health of the user.

These side effects should actually be 'celebrated' because this means that the Vibration Therapy is doing its job.

Whole Body Vibration is a very clever detox tool because of how efficiently it stimulates our immune functions.

If 'the root of all disease is congestion' (Digestive, lymphatic, skin etc), then the 'cure for all disease is decongestion' or movement.

High speeds amplify the speed by which the body gets rid of toxins.

WHAT YOU CAN DO

To help prevent detox side effects, here are some suggestions:

To reduce the severity of your detoxification, detoxify gradually by limiting the duration that you are using high speeds. For example, start high speeds at 1 minute and each day increase the high speed portion of your session by 20-30 seconds.

- Drink more 'quality' water before and after using a Vibration Machine.
- Stop consuming diuretics, which remove water from your body (coffee, alcohol, water pills etc).
- Consume an organic plant based diet.
- Remove processed foods from your diet (packaged and fast foods contain preservatives and flavour enhancers etc).
- Himalayan salt detox bath
- Himalayan brine sole solution

Live longer healthier.

SAFETY

Let your body tell you. If you feel pain, stop immediately. If your muscles become too sore, then slow down your regime.

Is over 15 Hz safe? I don't think so. My body tells me it is not. Only 10-12 minutes, 3-4 times a week can be adequate. Let your body tell you. No two people are the same. No two requirements are the same. It is like walking. What is too much? What is too little?

If you are bodybuilding, follow bodybuilding rules, i.e. exercise each muscle group every other day and follow the program that works for you.

Each one of us is responsible for our own body. Consult a health practitioner.

New studies are being done all the time; some contradictory. One sure thing – walking is good for you. Similarly, Whole Body Vibration is also good for you.

A Note about Itching: It is something that bothers many new Vibration users, and causes concern. It is due to the big increase in circulation. This is completely normal. It is the capillaries expanding to supply more blood to areas such as the lymphatic system, which carries toxins from the body.

Very often at higher speeds, you will experience itching. Sometimes it can be quite intense. Sometimes the thigh becomes slightly red. It is all very normal. Itching is normally a temporary symptom that should dissipate after a few Vibration sessions. It is interesting how the body works. The body gives us warning signs. In this case, it is saying that the capillaries are expanding perhaps too quickly, and to slow down.

HOW TO STAND

All you have to do to get benefits from Whole Body Vibration is stand on the Machine in a comfortable straight position.

Stand tall with your tummy and bottom tucked in (pelvic tilt). This position will keep you standing straight with muscles tight. Remember to keep your shoulders back and away from the ears.

You can gain a significant amount of benefits by just standing in this position.

There are two ways of holding the knees, slightly bent and straight. If you are doing weights or stress exercises, then the knees should be slightly bent to protect your back muscles. What bent knees do is cushion or soften the vibration. However, if you want the vibration to go through your body as strongly as possible, then your knees should be straight.

Just try it for yourself - feel your lower back and shoulders when the knees are bent and compare to when the knees are straight, and you will be able to judge for yourself. The amplitude of the plate (how far apart your feet are) also makes a big difference.

If you are standing tall with your tummy and bottom firm and tucked in, you are doing a pelvic tilt. A pelvic tilt activates the three muscles of the pelvic girdle or pelvic sling, which is important for core stability. Rotating the body while in this position helps flexibility, balance, and helps decrease pain in the lower back.

It is always better to work barefoot because we are not meant to wear shoes. The vibration will better strengthen our arches and the muscles in our feet. It will also give you a nice soothing reflexology massage benefit. Try standing on a towel if you prefer softer vibrations.

Workout Intensity Levels
There are 3 levels of workout intensity with Whole Body Vibration.

1) Seniors Fitness - Basically standing and letting the plate move the user:

- Mild muscle response
- Micro motion in the major weight-bearing joints
- Increased circulation (both blood and lymph)
- Mild neuro-muscular retraining (resets balance)
- Increased hormone production

2) Basic Workout - Deliberately activating core muscles while letting the plate move the user. User stands while doing this workout. More intense major muscle response, some minor muscles involved.

- Micro motion in both the major and minor weight-bearing joints
- Increased circulation (both blood and lymph)
- Greater neuro-muscular retraining (resets balance)
- Dramatic increase of hormone production
- Increased caloric burning
- Measurable loss of both weight and inches
- Noticeable core muscle strengthening
- Muscle sculpting and shaping

3) Intense Workout **-** Requires using greater intensity of all major muscles as well as minor muscles. Utilizing an isometric – isotonic workout with small weights, kicks the workout to the next level of intensity. You get out 20 times what you put in. The user does not just stand but does lunges, squats, push-ups etc while the plate dramatically increases intensity of muscle responses:

- More intense major muscle response, all minor muscles involved to support the unbalanced oscillation workout

- Micro motion in both the major and minor weight-bearing joints
- Increased circulation (both blood and lymph)
- Greater neuro-muscular retraining (resets balance)
- Dramatic increase of hormone production
- Increased caloric burning
- Measurable loss of both weight and inches
- Noticeable core muscle strengthening
- Muscle sculpting and shaping
- User quickly breaks a sweat due to both the intensity and loaded muscle repetitions

Choosing The Right Speed
The following suggested speeds are a recommendation only and would depend on your state of health and physical condition. Try to experience many different speeds as the different intensities will affect a wider range of body parts.

If possible, use a machine that has a preset program that uses all the speeds. To enable good balance on the Machine, your feet should be equally distanced from the centre axis of the plate.

It is just like walking; what is the right speed to help breathing? Any speed will help; there is no exact answer. It depends on the person, the time of day, i.e. all kinds of variables.

As the Nike commercial says **"Just Do It"**.

It is evident that all speeds have positive effect. We are discovering that certain ranges are somewhat more effective for specific conditions. For example, all speeds help to clear the lymphatic system; however higher speeds would probably be more effective.

Therefore, please take this just as a very general guideline.

Lower Speeds: Lower speeds are ideal for posture, muscle strength, injury rehabilitation, incontinence, mobilization of joints, healing scar tissue, balance and stability.

Middle Speeds: Middle speeds are for muscle strength, improved coordination, blood circulation, stretching, improved muscle tone and incontinence.

Higher Speeds: Higher speeds are for massage, muscle relaxation, hormonal changes, neurological stimulation, increased mobility, increased bone density, blood circulation and lymphatic drainage.

Intensity
If you don't feel soreness during or after your Vibration workout, that's ok! Whole Body Vibration is a gentle yet effective workout without the inconvenience of lactic acid buildup.

Faster speeds won't mean you will see benefits any sooner.

One of the great features of a Vibration Machine is that it increases the g-force for faster results in several areas such as greater bone density and muscle toning. The g-force depends on the frequency and the amplitude range. The greater the frequency, the greater the amplitude and the greater is the g-force.

Whole Body Vibration sends signals to the muscles and bones by placing larger demands on the body with this added gravity.

The big issue however is that muscle toning, sports training, and conditioning are all accomplished more efficiently at lower speeds, and therefore it is often counterproductive to crank up the Machine. As we now know, for many applications, it is counterproductive for

the body to work at a higher speed than the muscles can respond to.

Note: Increasing the amplitude automatically increases the intensity.

For advanced training, if you want to increase the g-force, a suggestion is to increase the demand on your muscles and bones by using weights or an exercise band. To increase the intensity of your workout, we suggest:

- Extend the time of each position by progressively increasing from 30 to 60 seconds.
- Perform exercise dynamically, i.e. with movement or rotation.
- Incorporate unilateral movement i.e. perform exercises on one leg, etc.
- Increase the amplitude by moving your feet farther apart.

Rest

New users should start off gradually and may need to rest by stepping off the Machine for 30-60 seconds between strength exercises. Vibration should be used in the same way as any other exercise program. You can vary your sessions from once a day 3-5 days a week, to twice a day 6 days a week. Whatever works best for you. There is no reason why you can't use Whole Body Vibration daily.

Aggressive training programs may benefit from a day or two off in between. Basically, follow the same rules as you would for traditional weight training. Start slowly (3 to 10 minute sessions) to give your body time to get used to this new training regime. Even well trained individuals will need to give their bodies some time to get used to this new delivery system.

Strength Exercises

Holding the pelvic tilt while on the Machine will exercise the three largest muscle groups of the body: the abdominals, the glutes, and the quads. These muscles of the pelvic girdle are referred to as the muscles of core stability. Exercising these major muscle groups burns calories even after therapy stops.

By tightening these muscles while in motion, the vibration also retrains the "neuro-muscular connections" to improve balance while toning muscles. The amplitude of the Whole Body Vibration unit is so gentle that even people with knee or hip replacements can start gradually and slowly build strength without stressing these joints.

Strength Exercises
Major Benefits:
May slim, tone and increase your metabolism as you build strength! Also good for building bone density!
Calf Raise: For calves
Wide Squat: For quads
Deep Squat: For quads
One-Leg Squat: For glutes & hamstrings
Leg Curl: For quads, glutes & hamstrings
Ring Adductor (feet close): For quads
Ring Adductor (feet wide): For quads
Lunge: For quads, glutes & hamstrings
Push-Up: For shoulders & triceps
Push-Up Advanced: For shoulders & triceps
Reverse Push-Up: For shoulders & triceps
Ring Chest Press: For shoulders
Triceps Dip: For triceps
Triceps Push-Up: For triceps & chest
Triceps Kick-Back: For triceps
Bicep Curl: For biceps
Boxing: For shoulders, abdominals, biceps & forearms
Side Raise: For shoulders
Standing Row: For upper & lower back
Ab Plank: For upper abdominals
Seated Abdominals: For abdominals
Seated Abdominals with Band: For abdominals
Standing Abdominals: For abdominals
V-Sit One Leg: For abdominals
One-Leg Glutes: For glutes & hamstrings
Pelvic Bridge: For glutes & hamstrings

Important: If you cannot maintain the correct position, do not continue the exercise. Remember, for weight training, use slower speeds.

Please consult your health care provider before undertaking any exercise program and address any contraindications before using your Vibration Machine.

If you feel any discomfort, you should stop exercising immediately.

Note: When any body part makes contact with the platform, you may wish to place a towel or yoga mat over it for added comfort.

“I believe you can have whatever you really want in this life, in one form or another, sooner or later. All you have to do is take care of your health and be lucky enough to live for a while. But you can't have it all at once and you can't have it forever. No life has the room for everything in it, not on the same day.”

Barbara Sher
American author of "I Could Do Anything If I Only Knew What It Was"

FUTURE OF VIBRATION

Someday, every home will have a Vibration Machine. This is because what can be accomplished with Whole Body Vibration cannot be accomplished with conventional exercise or therapy equipment.

Vibration is the smart way of maximizing your efforts in a small amount of time.

Every health practitioner in the future will understand Whole Body Vibration and use it in conjunction with his own specialized practice.

A few minutes of Vibration can take the place of hours of other workouts. It is magic in a bottle.

I believe that in the future, the therapeutic benefits of Vibration will be combined with other therapies, which compliment each other to help accelerate healing and rehab. Imagine having a 10-minute Whole Body Vibration workout and at the same time, you can get the benefits of an acupressure treatment or a massage while you are still on the Machine! After all, one of the biggest miracles that Vibration can achieve is “huge benefits in a short duration of time.”

The medical burdens to our society and cost to the government will be greatly reduced once it is realized that Whole Body Vibration solves one of our biggest health issues-congestion!

Life spans could increase due to Whole Body Vibration. Longevity may increase as a result of incorporating WBV into our lives. Regular Vibration sessions help our bodies heal and detox properly, while reducing the risk of a sedentary lifestyle.

Once A Week Is Not Enough

You are a chiropractic patient. You get a treatment once or twice a week. Your chiropractor even has a Vibration Machine that you go on before a treatment. That is great, but is that really enough?

Shouldn't you have a Whole Body Vibration Machine at home that would enable your chiropractor to prescribe some exercises or poses that would support your regular treatments?

Wouldn't that make more sense than recovering without the benefits of Vibration?

And shouldn't you be able to pay for both the treatments and Machine on a monthly payment plan? How about $4.00 a day? Shouldn't everyone be able to afford this?

In resume, there are three points to the above. First is that for best results, treatments should be combined with Whole Body Vibration. Second is that you should have a Vibration Machine at home for daily use between office sessions, and as part of the treatments. Third is that both the treatments and the Machine should be made available on a time payment plan if needed.

This must also be equally true if the treatment is physiotherapy or massage etc.

"In order to change, we must be sick and tired of being sick and tired."

WHAT VIBRATION MACHINE SHOULD I BUY?

There is a great variation in cost! Cheaper models usually have:

- Small motors that can't cope with much weight and burn out quickly. Often the frequency greatly changes under heavier loads.
- Lightweight construction using thin metal, plastic and medium-density fibreboard. These are not built to last, and often vibrate more than the person using the Machine.
- Poor engineering. This can cause the range of speed to be limited. The full power of the motor may not transfer to the plate.

Like any investment, weigh your options. A cheaper Machine will cost less to begin with, but you may soon find yourself with a broken Machine.

Any product that has moving parts can be very difficult to maintain. Now imagine a product with moving parts that move 20-30 times a second! A good warranty may end up saving you a lot of money and frustration.

Choose a reputable company with backup and educational support. After all, you only buy a Vibration Machine once in a lifetime. Do not try to cut corners.

Important: Make sure the Machine you buy is safety certified. The main certifying bodies in North America are CSA and UL.

"Just because you're not sick doesn't mean you're healthy."

TESTIMONIALS

Hello,

I am presently living in Moses Lake, Washington, and going five days a week to 2219 W. Broadway, Suite A. I was recently privileged to listen to Dr. Ian Gainor as he answered questions from owners and clients at that location. I wish that I could have been able to have my family there with me to listen.

I have been using the Machine since the 4th week of December 2009, and I have had so many good results that I just want everybody to receive the same results as I have. I have Fibro, Arthritis, Migraines, Type II Diabetes, Bad knees and hips, and have been living with pain since I was 24 years old. I am now 65. I had resigned myself to being in a wheelchair for the remainder of my life. I am happy to say that I am 95% pain free, and very mobile. My Diabetes went from an average of 140 to 96 in 3 months, and has remained there. I have not had a migraine or sinus headache since my second day on the Machine. My knees and hips no longer hurt when I get up or sit down. As a side effect, I have lost a total of 26 pounds without dieting; I know it's because of the Machine.

I spend 30 minutes on the Machine each visit, and without pain. I used to have therapy treatments that were excruciating, and they did not help me at all. This is a miracle to my family and me. I want to thank you out of the bottom of my heart for giving me back my life!

Thank you for your help.

Sincerely,

Donna
Moses Lake, WA

Hello Helen, Mar. 20/10

I can certainly see why you have pride in your great service because I just experienced it! Thank you so much – I just received the bands today by courier! Thank you again; I truly appreciate this offer to expand my vibration experience!

I have been suffering from chronic pain caused by spinal stenosis, a herniated disc pinching the root of my sciatic nerve and bone spurs in my neck for over the last 7 years. To top all this off, I suffer from Connective Tissue Disease, an autoimmune disease causing chronic inflammation throughout my body. I was totally exhausted with the continued medical directions for pain medication in order to tolerate the chronic pain. I was instructed to stay active or face a more serious situation where my spine could fuse and my total mobility would be jeopardized. These instructions to stay active were like a double edge sword: the more active I was, the more pain and inflammation I suffered which forced me to avoid most activities. It became incredibly painful to sit too long, stand too long, drive too long, sleep too long….life was becoming so unbearable to do anything without suffering from unbelievable pain and I did not want my quality of life to be controlled by pain medications and prescription drugs.

Everything changed when I was introduced to vibration! Everyday, for 10 minutes I enjoy a low impact workout on my Machine that has allowed me to enjoy a whole body workout without any pain or irritation with my existing condition. In the past, just getting out of bed in the mornings was a struggle but that has all changed because of the conditioning that vibration has provided. Today, at 47 years old I finally feel like I have increased energy, more flexibility and core strength that I could not even think about trying to obtain due to my limited options for a physical workout. The Machine has become a regular routine in my daily schedule and I now feel that I have achieved control over my pain both mentally and physically. Exercising with my Machine and all the benefits it provides has allowed me to avoid surgery, eliminate prescription drugs and regain control over my body despite my health limitations.

I encourage everyone to experience vibration and realize the health benefits that can be achieved! Thanks again Helen!

Sincerely,
Cheryl Fraser
Owen Sound, Ontario

Hello

In March 2008, I had a heart attack which required a bypass. On April 23 2008, I had a quadruple heart bypass with Mitral valve replacement. After 18 weeks I started using the Vibration Machine, for 30 seconds per day for 1 week, adding 30 seconds each week until I was up to 10 minutes.

My rehab at the hospital has been greatly enhanced by the exercise program that I do. I am able to walk 5 km in 42 minutes at a speed of 1.4 miles per hour, or cycle on stationary bike for 30 minutes (16.5 km) without any discomfort.

Alban and Family
Toronto, Ontario

I've been getting very positive results with the Vibration Machine. After years of chronic back pain (left hip, up spine into neck) I have no pain.

As well my LDL is back to normal and my bone density is increasing.

I'm off drugs for high cholesterol and bone density as well as Anti-inflammatory and pain killers, massage therapy and acupuncture treatments for pain.

I feel happier, healthier and younger. Everyone should experience this Machine.

I've been using the Vibration Machine for nearly 4 months now am anxious for my next round of tests to see if the results are better.

Patricia
Quebec

I have noticed an increase in strength and metabolism and experience no pain after workouts. Within a short period of time, I noticed I became regular!

Jess

I injured my knee playing ultimate frisbee. After surgery it was less painful to use the vibration machine than to walk. After a couple of weeks at vibration, I no longer need the use of my cane and my pain medication!

Valerie

RESEARCH

Studies to find the best results are difficult, because each individual is unique, and will yield different results.

There have been more studies on Vibration than most other fitness equipment. More studies are welcome. I predict that in the next few years, there will definitely be hundreds, if not thousands of new studies available to refer to.

In my opinion, the best clinical studies may be those that you do yourself on yourself. After all, who can know as much about your body than your own body!

Your body will soon tell you what works and what does not work.

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Special Note

This research and all research referenced throughout this book is available in the public domain. Various models and Machines on the market have been used for the purpose of conducting research.

The information in this book is for information only and is not intended to treat, diagnose, or cure any physical disease or ailment. Again, please discuss with your Health Practitioner before beginning Whole Body Vibration or any exercise program.

WHAT I BELIEVE

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.
Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine as children do. It's not just in some of us; it is in everyone. And as we let our own lights shine, we unconsciously give other people permission to do the same.
As we are liberated from our own fear, our presence automatically liberates others.
Nelson Mandela

Do more than belong: participate. Do more than care: help.
Do more than believe: practice.
Do more than be fair: be kind. Do more than forgive: forget.
Do more than dream: work.
William Arthur Ward

We must become the change we want to see.
Mahatma Gandhi

Watch your thoughts, they become your words. Watch your words, they become your actions.
Watch your actions, they become your habits. Watch your habits, they become your character.
Watch your character, it becomes your destiny.
Anonymous

How many times we would have succeeded if we only tried.
Morris Aboody

The world is now but a village.
Morris Aboody

Success breeds arrogance,
Arrogance breeds failure.
Morris Aboody

I NEED YOUR HELP

George Washington Carver has always been my biggest hero.

Born a slave in an era when a black man had very little chance of education, he was not only a student of agricultural science, but indeed also a teacher to mankind.

He was a simple man who contributed mightily, a humble man who took the humble peanut and made hundreds of uses out of it.

How I envy George Washington Carver for his gift that enabled him to give so much to the South and indeed to the World.

In a very small way, I feel that like George Washington Carver. I am privileged to be part of helping the world understand the many benefits of Whole Body Vibration technology. Whole Body Vibration has helped many people in hundreds of ways.

I do not pretend that I can even touch the achievements of George Washington Carver. However, I have been instrumental in introducing probably over 100,000 users to Vibration.

It is but a small shadow of Carver's achievements but I hope that I can do better in the future. Still, in North America, 98 out of every 100 people probably have never heard of Whole Body Vibration.

I would feel honoured if anyone would contact me and be a partner with me in spreading the word about Vibration. I can be reached as below.

Morris Aboody
Morris@on.aibn.com

WHOLE BODY VIBRATION AND YOUR HEALTH

MOVE TO LIVE®

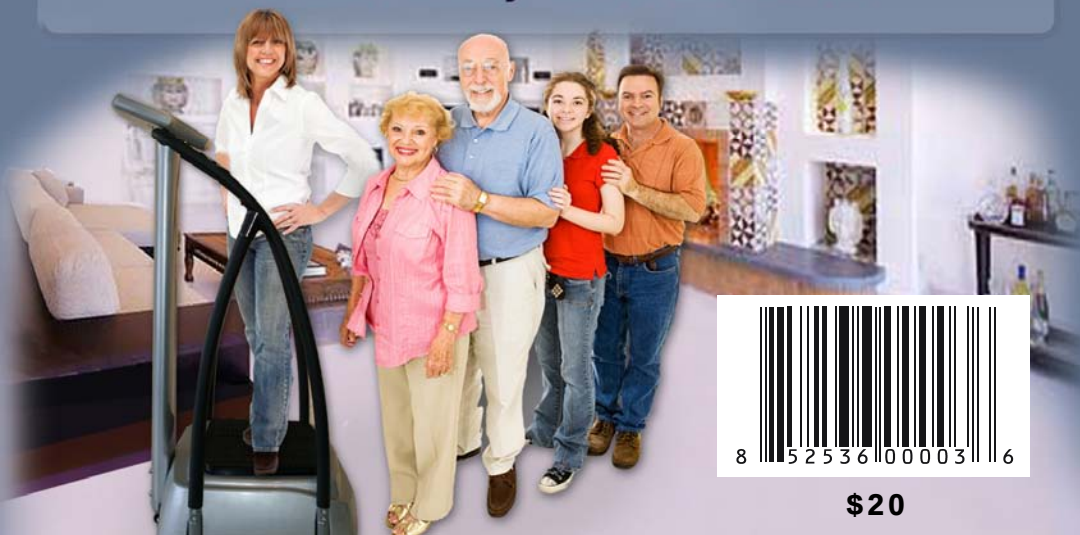
Vibration Technology can change your life!

A Powerful Tool for Complete Body Health

It's FAST...and FUN!
And the results...outstanding!

Learn How:

-10 Minutes of Vibration = 1 Hour Workout
- To Discover Beauty Secrets with Vibration
- You Can Use Vibration for Weight Loss
- To Control Osteoporosis
-To Get Many Other Benefits



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